Vocabulary – Sex and Gender

- **Sex**
  - Primary Sex Characteristics
  - Secondary Sex Characteristics
    - Fallacy of opposite

- **Gender**
  - Masculinity and Femininity
  - Gender is fluid

Vocabulary - Gender

- **Cisgender**
- **Transgender**
  - Binary and Non-Binary
- **Transsexual**
  - More binary
  - Born with the wrong primary sex characteristics or primary sex characteristics and associated culturally-based expression expectations are inconsistent or incompatible.

Vocabulary - Sexual Orientation

- **Heterosexual**
- **Homosexual**
- **Bisexual**
- **Pansexual**

Sexual Self

- How and when do we come to develop and know our sexual selves?

Sexual Development

- Biological sex is determined at conception.
  - XX (biological female) or XY (biological male).
Sexual Development - Variations

- Klinefelter Syndrome (XXY male).
- Turner Syndrome (X or Xx female).
- Intersex
- Congenital Adrenal Hyperplasia

Sexual Development

- Brain structure
  - The third interstitial nucleus in the hypothalamus.
  - Other observed differences in brain structures between identified homosexuals and heterosexuals.

Sexual Development

- Hormones
  - Hormonal exposure in utero.
  - Testosterone and ring finger to index finger ratio.
  - Older brother effect and female immunities to male sex cells.

Sexual Development

- Genes
  - Identical twin studies (30 - 50% likelihood)
  - There is not an identified “gay gene”.
  - There are statistically significant indications of a genetic influence.
    - Twin studies (Gay Brothers 49 - 22; Lesbian Sister 48 - 16)

Psychosexual Stages

- **Oral Stage** (Birth to 18 months) - The mouth is the erogenous zone.
  - Goal: Weening

- **Anal Stage** (18 mo. - 36 mo.) - The anus is the erogenous zone.
  - Ego development
  - Goal: Toilet training.
Psychosexual Stages (Continued)

- **Phallic Stage** (3 to 6 years old) - The genitalia is the erogenous zone.
  - Super ego development
  - Oedipus and Electra Complex

- **Latency Stage** (6 years old to puberty) - No erogenous zones.

- **Genital Stage** (During puberty and after) - Sexual feelings reawaken with appropriate targets.

Sexuality in Infancy and Childhood

- Pre-pubescent are viewed as non-sexual.
- Children’s natural sexual behavior are viewed as abnormal and a cause for concern.
  - Curiosity
  - Stimulation
  - Scientific

Responses to Childhood Sexuality

- Stay calm.
- Redirect play.
- Educate yourself.
- Be aware of warning signs.

Problematic Childhood Sexuality

- Behaviors cause the child emotional distress
  - Engaging in the behavior or being interrupted when engaging.
- Sexual impulsivity
- Sexual fixation
- Sexualized behavior
  - Imitation of sexual intercourse
  - Oral-genital contact
  - Asking an adult to perform a sexual act
Gender Identity in Early Childhood

- Socialization of gender
  - Parents - immediate gender designation
  - School - reinforce gender distinction
  - Media - reflect and market to gender distinction

Gender Identity - Gender Conforming

- Most children have a preference for friends and activities consistent with the gender expectations associated with their biological sex.
  - Positively reinforced behavior.
  - Finding a place in the world.
  - Mimic what they see, what they know.

- Differences in the expression of aggression.
- The gender-based stereotype is that males are more aggressive than females.
- Research shows that beginning in grade school that both boys and girls exhibit aggression…. just differently.

- As adults, males commit a vast majority of all violent crimes.
- Direct aggression and indirect aggression.
  - Boys do more physical damage (direct).
  - Girls engage in more relational aggression.

Exotic Becomes Erotic – Girls are gross

- Gender-Conforming Behavior
  - Children seek out games, activities, and play consistent with expected gender play.

- Gender-Nonconforming Gender Behavior
  - Children prefer games, activities, and play inconsistent with expected gender play.

- Something what was previously seen as “other, opposite, yucky, weird, different” becomes intriguing.
- Physiological responses like repulsion or disgust transform into a different type physiological arousal: attraction.
Puberty

- During puberty the adolescent body propels toward an adult body at a pace that the adolescent mind cannot make sense of.
  - Hair grows where hair hadn’t grown before.
  - The voice changes.
  - Genitals grow.
  - Changes related to secondary sex characteristics

- Average onset of puberty for females is 10.5 and 11.5 for males.
- Having an early or late onset for puberty can cause greater emotional distress than puberty already brings.
- Most male and female adolescents complete puberty by the age of 17.

Sexual Relationships in Adolescents

- Adolescence is a time when many (not all) humans become sexually active.
- Bodies become increasingly ready for and desirous of sexual expression.

- Average age of first intercourse is between 15 and 17.
  - 63 percent of adolescents have had sex by the 12th grade.
    - 64 percent of females
    - 63 percent of males
  - African-American males have the highest rate of intercourse in adolescents.
  - Hispanic females have the lowest rate of intercourse in adolescence.

- Approximately half of adolescents between 15 and 19 report having had oral sex.
- 40 percent state that oral sex isn’t actually sex.
- Research indicates that most teens do not experience oral sex until after their first sexual intercourse experience.

- Sex is known by adolescents to be an adult activity (adult expression of connectedness).
- Experience love for the first time can be (usually is) overwhelming and all-consuming.
Transgender Identity

- Assigned at birth females / transgender males face less stigma.
- Transgender children and adolescents will develop strategies for gender expression (activities, clothes, interests) in an attempt to balance social demands/expectations with their sense of self.
- Prevalence is difficult to determine:
  - Estimated that 1 in 3,000 persons is MTF transgender.
  - Estimated that 1 in 10,000 persons is FTM transgender.
- Likely to see an increase in prevalence as society increasingly accepts living openly transgender.

LBGTQA in Adolescents

- 75 percent of LGBTQA are harassed, bullied, and assaulted in middle-school and high school.
- “That’s SO gay”.
- Society has become increasingly more aware of the range of gender expression and sexual orientation.
- Increased tolerance for differences among humans.
- Decreased tolerance for bigotry and violence.

- When compared to heterosexual teens, gay, lesbian, bisexual, and questioning teens:
  - Consider suicide 2-3 times more often.
  - Are 2-3 times more likely to have a suicide plan.
  - Are 3-4 times more likely to attempt suicide.
  - Are 4-5.5 times more likely to require medical attention following a suicide attempt.

Sexual Relationship Issues in Adolescents

- Informed sexuality
- Vulnerabilities to harassment, assault, abuse.
- Sexually transmitted infections.
- Unplanned pregnancy.
- Social networks (they’re awesome and….)

Sexual Behaviors in College

- Most common sexual activity in college is vaginal intercourse.
- 18-19 year-old males and females have the most sexual reciprocity when it comes to giving and receiving oral sex.
Sexual Behaviors in College - Lisa Wade

Sexual Behaviors in College
- Alcohol and substance use increases the likelihood that college students will engage in less discriminate sexual behaviors.
- Substances also reduce the likelihood of safer sex practices.
- Substances can narrow the focus of the brain solely pleasurable and pleasure enhancing behaviors.

Masculine Performance
- Masking vulnerability.
- Ritual - Getting ready and going out.
- “Girl-watching”
  - Normalized as “play”.
  - Not just normative, but required.
  - “Boys will be boys”

- Power
  - Homosocial behavior - Shared masculine identities.
  - Balancing interested and too interested.
  - Benevolent and hostile sexism

Coming Out / being out in College
- The college environment, when compared to the larger society, is more open to a broader range of gender and sexual expression.
- Colleges have active clubs, initiatives, and programs to promote protections and tolerance.
- In spite of this reality, non-heterosexual, non-binary, transgender students feel less accepted and less respected.
Coming Out

- Potentially face:
  - Stigma
  - Harassment
  - Rejection
  - Discrimination
  - Eviction
  - Job loss
  - Questioning

LGBTQA - Prejudice & Discrimination

- Homophobia
  - Extreme fear, discomfort, or hatred of non-heterosexual humans.
- Gay Bashing
  - Reaction-formation
- Hate Crimes

Gender, The Binary, and Sexual Orientation

- Research shows that people are more accepting of homosexuals and transgender humans if they follow the gender binary.
  - If you are a transgender it is supposed that you are homosexual.
    - i.e. a transgender male is supposed to be attracted to a woman...
  - If you are transgender you should abide by the rules of the gender binary.
    - i.e. a transgender female should present herself by all the gender expectations about what it means to be a woman.

Gender Roles and Stereotypes

- Gender stereotypes are assumptions that all people who are in a particular category share the same characteristics.
Gender Roles and Stereotypes (Continued)

**Communication Goals by Gender - D. Tannen**

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- It has become more complicated to “be a man”.
- Current male gender stereotypes are not as clear, concise, or consistent as they one were.
- Now men are expected to balance power, strength, and protection along with sensitivity, communication, and compassion.

- Female gender stereotypes have meant balancing attractive and alluring, lover and Madonna, submissive and dependent with getting shit done, being smart and not being too smart….

**Adult Intimate Relationships**

- Typically, less experimentation
- Lasting relationships
- Having children
- Legacy

- Percent of people who choose **cohabitation** has continued to increase.
- **Marriage** is the most common lifestyle choice for adults (90% of heterosexual adults will marry at some point).
Adult Intimate Relationships - Gender

- Women tend to focus more on relationship aspects of sexual activities.
- Men tend to have a more physical or recreational orientation toward sexuality.

- Men are more open to and tolerant of casual sexual encounters
- More men than women masturbate.
- Men who masturbate, compared to women who masturbate, masturbate more frequently.

- Men think about sex more often than women do.
- Men are more likely than women to engage in intercourse without an emotional attachment.

- Women tend to see the goals of sex as building intimacy and expressing affection.
- Men tend to see the goals of sex as sexual variety and physical gratification.
- Men have stronger sexual drives and desires than women.

- About stereotypes:
  - How much of the stereotype is culturally formed and informed?
  - Overlapping nature of sexual beliefs and behaviors.
Androgyny

- A combination of masculine and feminine characteristics.
  - **Two-dimensional model of gender**: people may manifest elements of both genders simultaneously.

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Positive Androgyny  

Negative Androgyny  

Sexuality and Aging

- Humans are sexual beings from birth to death.
  - Men and women who remain sexually active throughout their lives are more sexually responsive in old age.
- Stages of response take longer.
- Intensity of sensation may be reduced.
- Dating for many older adults is not merely platonic.